
STARS & STRIPES

NOVEMBER 2010

VOL IV



Brenda's Corner

Happy Autumn to all.

Wow! I wanted to share the recent growth at the HOME. The exercise room dedication will be held on Nov. 3rd at 16:00. We will have Steve Sarns from NUSTEP and possible other reps from NUSTEP joining us for this great event.

NUSTEP spokesperson Kristine Ripatti Pearce will also be with us as well as Marvin Hirsch, and the women from Conejo Chapter of DAR. We are currently developing our training, orientation, supervision, waiver of liability forms, personal development tracking forms for the residents and employees.

We look forward to opening the gym for use as early as the end of next week. On behalf of the residents, thank you all for your assistance.



THANK YOU FOR YOUR SERVICE

We honor our veterans. Rightly so, but let us not forget the mothers and fathers who sent their sons and daughters away and proudly displayed a blue star banner in the front window of their home. We must remember the mixture of tears, sadness and pride when those parents had to change the blue star in the banner to gold. We must remember the disabled. We must remember the fiancée who wrote faithfully every day and heard from her future parents-in-law that the telegram had come. We must remember the friends, family and loved ones whose only words heard were, "Lost in action," the only words ever heard. We must remember the widow who never

loved another, the widow who raised her children alone, children who never heard their father's voice, the men and women who have never been able to fill that void. Yes, we are veterans, but we must remember, even though we would like to forget, so America will remember and never forget.

Esther & John (Jack) Horner



November 9, 2000 J D H

(John Daniel Horner)

QUOTE OF THE DAY

"In the garden, Autumn is, indeed the crowning glory of the year, bringing us the fruition of months of thought and care and toil. And at no season, save perhaps in Daffodil time, do we get such superb color effects as from August to November."

~Rose G. Kingsley, *The Autumn Garden*, 1905



CONGRATULATIONS
to our Volunteer Ron, on the
birth of his first grandchild

KELSIE JACQUELIN
MATTSON



Born July 14, 2010 7lb 19"
Winter Gardens, Florida



**Article from Green
Thumb Oct. 14th
Newsletter**

**Is it bad to have
mushrooms growing in
my lawn?**

Answer:

Not really, but elves sure like them! Mushrooms are the spore-producing structures of certain kinds of fungi. Most of these fungi are beneficial because they break down organic matter and release nutrients that are necessary for plant growth. In fall, as the weather begins to cool, mushrooms often pop up in lawns, causing people to wonder where they're coming from and how to control them.

Mushrooms produce tiny spores that are easily blown about in the wind. When these spores reach a favorable place, they germinate and grow. They are very common in areas with decomposing roots or underground stumps from cut down trees, fallen leaves or lawn thatch and other organic matter.

Most people want to control lawn mushrooms. Sorry to say, we have yet to find any chemicals that are effective in controlling them. Most mushrooms are harmless to your lawn, even though you might not like the way they look. The best you can do is to remove them with a rake and de-thatch your lawn in the fall. De-thatching removes the fungi's food source. Simply removing the mushrooms may make your lawn look better, but it will not kill the mycelium from which the mushrooms grow.

You should be extremely cautious about eating wild mushrooms, because many cause illness and some are deadly. Never eat a mushroom

unless you are absolutely sure it is safe. A reference book is not enough--there are poisonous mushrooms that look very similar to non-poisonous ones. If you wish to pick wild mushrooms, please get training first!

CINDY'S KITCHEN



We are excited to bring this program to you this year. We will be selling fresh baked pies for you to take home to your family or for you to enjoy here.

We will offer Apple, Pumpkin, Pecan, and Blueberry Pies, assorted fresh baked cookies and also Rich's "On-Top" whipped topping.

You will just have to place your order and tell us the day and time you want to pick them up and they will be ready for you, packaged to go in a bakery box.

Prices and details will be posted soon!

NOVEMBER HAS MANY DIVERSE HOLIDAYS:

1st National Author's Day
2nd Election Day
3rd Sandwich Day
5th National Donut Day
6th Sadie Hawkins Day
10th Marine Corps Birthday
11th Veterans Day
12th Domino Day
17th Homemade Bread Day
18th Mickey Mouse Birthday
24th Unique Talent Day
25th Thanksgiving
28th National French Toast Day
29th Square Dance Day.



NOVEMBER BIRTHDAYS

To our Residents

19th Ted S.

To our Staff

25th Jerry G.



November Community Outings.

11/3 – Museum Outing
11/10 – Chumash Casino
11/11 – Ivy Lawn Veterans Day
11/17 – Shopping Trip (start
your holiday shopping early!)
11/21 – Thousand Oaks Elks
Veterans Appreciation Brunch
11/30 – Shopping Trip

Therapeutic Activity and Volunteer Services Departments

The next Volunteer Orientation
and Training meeting will be
conducted on Wednesday,
November 3rd from 9:00 AM –
11:00 AM at the Veterans
Home.

Please RSVP to: Lynda Griffin,
Supervising Rehabilitation
Therapist @
Lynda.Griffin@cdva.ca.gov or
by contacting 805-659-7506.



Saticoy School kids Trick or
Treating with Jon H.



REMINDER TO CHANGE YOUR CLOCKS

*Daylight Savings Time
ends Nov. 7th.*



The English colonists we call
Pilgrims celebrated days of
thanksgiving as part of their
religion. But these were days of
prayer, not days of feasting.

Our national holiday really
stems from the feast held in the
autumn of 1621 by the Pilgrims
and the Wampanoag to
celebrate the colony's first
successful harvest.

Massasoit, the Great Sachem, or
chief, of the Wampanoag,

makes the two-day journey on foot with his wife and 90 men to visit Plymouth Colony. His visit coincides with the colony's harvest feast, and the Pilgrims invite Wampanoag to join them.

November 30, 1777

General George Washington issues orders setting aside December 18, 1777 as a day "for solemn Thanksgiving and Praise" to celebrate recent victories over the British in the American Revolution. It is the first day of thanksgiving in the newly formed United States of America.

November 1846

Sarah Hale begins a letter-writing campaign to make the last Thursday in November a national Thanksgiving Holiday. Her campaign will continue for 17 years.

August 6, 1863

President Abraham Lincoln declares a day of thanksgiving after the Union's victories at Vicksburg, and Gettysburg during the Civil War. After receiving a letter from Sarah Hale in September, he declares the last Thursday in November to be Thanksgiving Day.

November 23, 1939

Breaking from tradition established by President Lincoln, Thanksgiving is celebrated on the next-to-last Thursday of November instead of the last Thursday. President Franklin Roosevelt makes the change after the National Retail Dry Goods Association

encourages him to extend the Christmas shopping season by one week. The country is thrown into confusion.

November 26, 1941

Ending the confusion, once and for all, President Roosevelt signs legislation making Thanksgiving Day the fourth Thursday of each November.



History of Veterans Day
World War I – known at the time as "The Great War" - officially ended when the Treaty of Versailles was signed on June 28, 1919, in the Palace of Versailles outside the town of Versailles, France. However, fighting ceased seven months earlier when an armistice or temporary cessation of hostilities, between the Allied nations and Germany went into effect on the eleventh hour of the eleventh day of the eleventh month. For that reason, Nov. 11, 1918, is generally regarded as the end of "the war."

In November 1919, President Wilson proclaimed November 11 as the first commemoration of Armistice Day with the following words: "To us in America, the reflections of

Armistice Day will be filled with solemn pride in the heroism of those who died in the country's service and with gratitude for the victory, both because of the thing from which it has freed us and because of the opportunity it has given America to show her sympathy with peace and justice in the councils of the nations..."

The original concept for the celebration was for a day observed with parades and public meetings and a brief suspension of business beginning at 11:00 a.m. The United States Congress officially recognized the end of World War I when it passed a concurrent resolution on June 4, 1926, with these words:

* Whereas the 11th of November 1918, marked the cessation of the most destructive, sanguinary, and far reaching war in human annals and the resumption by the people of the United States of peaceful relations with other nations, which we hope may never again be severed, and

* Whereas it is fitting that the recurring anniversary of this date should be commemorated with thanksgiving and prayer and exercises designed to perpetuate peace through good will and mutual understanding between nations; and

* Whereas the legislatures of twenty-seven of our States have already declared November 11 to be a legal holiday: Therefore be it Resolved by the Senate (the House of Representatives concurring), that the President of the United States is requested

to issue a proclamation calling upon the officials to display the flag of the United States on all Government buildings on November 11 and inviting the people of the United States to observe the day in schools and churches, or other suitable places, with appropriate ceremonies of friendly relations with all other peoples.

An Act (52 Stat. 351; 5 U. S. Code, Sec. 87a) approved May 13, 1938, made the 11th of November in each year a legal holiday—a day to be dedicated to the cause of world peace and to be thereafter celebrated and known as "Armistice Day."

Armistice Day was primarily a day set aside to honor veterans of World War I, but in 1954, after World War II had required the greatest mobilization of soldiers, sailors, Marines and airmen in the Nation's history; after American forces had fought aggression in Korea, the 83rd Congress, at the urging of the veterans service organizations, amended the Act of 1938 by striking out the word "Armistice" and inserting in its place the word "Veterans." With the approval of this legislation (Public Law 380) on June 1, 1954, November 11th became a day to honor American veterans of all wars.

Later that same year, on October 8th, President Dwight D. Eisenhower issued the [first "Veterans Day Proclamation"](#) which stated: "In order to insure proper and widespread observance of this anniversary, all veterans, all veterans' organizations, and the entire citizenry will wish to join hands

in the common purpose. Toward this end, I am designating the Administrator of Veterans' Affairs as Chairman of a Veterans Day National Committee, which shall include such other persons as the Chairman may select, and which will coordinate at the national level necessary planning for the observance. I am also requesting the heads of all departments and agencies of the Executive branch of the Government to assist the National Committee in every way possible."

In 1958, the White House advised VA's General Counsel that the 1954 designation of the VA Administrator as Chairman of the Veterans Day National Committee applied to all subsequent VA Administrators. Since March 1989 when VA was elevated to a cabinet level department, the Secretary of Veterans Affairs has served as the committee's chairman.

The Uniform Holiday Bill (Public Law 90-363 (82 Stat. 250)) was signed on June 28, 1968, and was intended to ensure three-day weekends for Federal employees by celebrating four national holidays on Mondays: Washington's Birthday, Memorial Day, Veterans Day, and Columbus Day. It was thought that these extended weekends would encourage travel, recreational and cultural activities and stimulate greater industrial and commercial production. Many states did not agree with this decision and continued to celebrate the holidays on their original dates.

The first Veterans Day under the new law was observed with much confusion on October 25, 1971. It was quite apparent that the commemoration of this day was a matter of historic and patriotic significance to a great number of our citizens, and so on September 20th, 1975, President Gerald R. Ford signed Public Law 94-97 (89 Stat. 479), which returned the annual observance of Veterans Day to its original date of November 11, beginning in 1978. This action supported the desires of the overwhelming majority of state legislatures, all major veterans' service organizations and the American people. Veterans Day continues to be observed on November 11, regardless of what day of the week on which it falls. The restoration of the observance of Veterans Day to November 11 not only preserves the historical significance of the date, but helps focus attention on the important purpose of Veterans Day: A celebration to honor America's veterans for their patriotism, love of country, and willingness to serve and sacrifice

Excerpts from the Department of Veteran Affairs website
Veterans Day Article

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Troop 60602 & Dean J.





The Great California Shake Out. At 10:21 AM on 10/21/10 we practiced the DROP, COVER and HOLD. Pictured are Janell Wright (Social Worker), Lynda Griffin (Supervising Rehab Therapist) and Bernadette Hodges (Admissions Coordinator).



EXCITING NOVEMBER EVENTS

Attention Residents & Staff

**THERAPEUTIC CHAIR
MASSAGE
COMING TO VETERANS OF
CALIFORNIA - VENTURA**

Have you been feeling stressed? Do you have muscular stiffness or pain in your joints? Do you have lack of energy or just need a boost? Then come to a presentation and free demonstration to see how you

can benefit from a chair massage.

Maria Loaiza, Licensed Massage Therapist since 2002, will be here on Tuesday, November 16th, at 1:00 pm in the dining room doing chair massage and demonstrating how chair massage can relieve your stress, increase your circulation and mental alertness, and leave you with a calm sense of well being.

Please join us for this event and see how you can benefit from a massage.

Refreshments will be served.



There will be an American Red Cross Blood drive on Veterans Day, Thursday November 11th at the Veterans Home of California – Ventura.

The hours will be 2pm to 8pm.

You can sign up and schedule an appointment contact Brenda Manke by calling 805/659-7540 or by email Brenda.Manke@cdva.ca.gov

NEW VETERAN'S HOME OF VENTURA RESIDENT COUNCIL

Resident Council elected
Officers are:

Ed S. Chair person
Tom C. Vice Chairperson
Dan B. Treasurer
Billye G. Secretary

Next scheduled meeting
Thursday, Nov. 11, 2010, at
08:30 in the dining room

OKTOBERFEST OCT. 12th



The Veterans Home was graced with entertainment by a dancing couple, which was enthralling! They whirled and twirled until we almost became dizzy. The music canned, but the audience didn't notice, or care, we were so caught up by the dancing. The costume clothing was authentic, which added to the festivity.

Oktoberfest was celebrated by other VA Homes. Surely they all had as good a time as we did.

Article by Billye G.



November 5th, 2010~

**5th Annual Golf
Tournament to Support
Veterans in the Tri-
County Area**

**Sponsored by Gold Coast
Veterans Foundation
Seabee Golf Course,
Naval Base Ventura
County**

Funds Raised are in Support of
Local Veterans Services
\$150.00 per Person, includes
Continental Breakfast & Lunch
And/or Sponsor a Golfer who
will be selected from Active
Duty Personnel at NBVC

**Please RSVP by
November 1st:
global.team@dvbesolution.com
s.com
(805) 477-9888**

**Please be sure to attend
the event to show your
support for our veterans
who have done so much
for our country!**

**Additional Information
about the Gold Coast
Veterans Foundation:**

The Gold Coast Veterans Foundation has an illustrious Board and will be very pleased to tell you about the programs currently in progress to assist veterans in our county and surrounding counties and other work on behalf of the Veterans Home in Ventura County. This Home services veterans from the Tri County Area.

**GCVF HONORARY CO
CHAIRS**

Hon. Michael D. Bradbury

Former Six Term Ventura
County District Attorney

Hon. Bob Brooks

Sheriff, County of Ventura

Hon. Lois Capps

CA-23rd Congresswoman,
County of Ventura

Brad "Brick" Connors

Captain, US Navy (Retired),
Former Base Commander,
Naval Base Ventura County

Hon. Elton Gallegly

CA-24th Congressman, County
of Ventura

Hon. Kathy Long

Supervisor, County of Ventura

Hon. Greg Totten

District Attorney, County of
Ventura

We had a lot of monetary donations in Sept / Oct - from the VFW, Submarine Group, the Diaz family, not to mention a generous donation from a very special Camarillo Lady. Thank you to all for your generosity and support.



Fred S, Billye, and Joe assist
Aaron with the
Flag raising ceremony

Please take a moment to stop in and see the recently completed exercise room at the Veterans Home of California- Ventura. With the Wonderful donation by The Daughters of the American Revolution- Conejo Chapter and NUSTEP Company, the Home began assembling the room. The room will be monitored by Fitness expert, Mary Wilson and several employees of the Home with Fitness training skills. The dedication will be November 3rd at 4pm. Invited guests will be Gov. Arnold Schwarzenegger, NUSTEP Marketing Director, Steve Sarns, NUSTEP spokesperson, Kristine Rappita.

If anyone is interested in submitting an article for the Newsletter, or a photographer to submit photos for the next newsletter please contact Lynda Griffin, Supervising Rehab Therapist

Editor: Vicki Schmaeman



Activity Calendar, November 2010



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	1 12:00AM Nat Author's Day 9:00AM Barbara's Gardens 10:00AM Flower Arranging 10:00AM Exercise Room 11:00AM Neighborhood News 1:30PM Travel / Hx Videos 3:00PM Ventura Adult Ed 6:15PM Bingo w Temple BT	2 12:00AM Election Day 8:00AM YMCA Swimming 9:30AM Bone Builders 11:00AM Neighborhood News 1:00PM Games/Dance w Ron 2:00PM Outdoor Games 2:00PM Ventura Choraliers	3 12:00AM Sandwich Day 9:00AM Barbara's Gardens 10:00AM Exercise Room 10:00AM Museum Outing 11:00AM Neighborhood News 1:30PM Board Games/Cards 6:00PM Ventura Am Leg Mtg 6:30PM Pt Man Ministry	4 8:00AM YMCA Swimming 9:00AM Haircuts with Ron 9:30AM Bone Builders 10:00AM Exercise Room 11:00AM Neighborhood News 1:00PM Music with Mary 2:00PM Outdoor Games 6:15PM Foothill HS Games	5 12:00AM Nat Donut Day 9:00AM Barbara's Gardens 10:15AM Chair Exercises 11:00AM Neighborhood News 11:15AM Holy Communion 1:00PM Jazz Band	6 12:00AM Saddle Hawkins Day 9:00AM Garden Work Day 10:00AM Exercise with Delcie 1:30PM Leisure with Delcie
7 9:00AM Off-site Services 10:30AM Christian Services 1:30PM Leisure w MaryAnne 2:30PM Girl Scout Visit 3:30PM Channeliers Chorus	8 9:00AM Barbara's Gardens 10:00AM Flower Arranging 10:00AM Exercise Room 11:00AM Neighborhood News 1:30PM Travel / Hx Videos 6:15PM Karaoke Night	9 8:00AM YMCA Swimming 9:30AM Bone Builders 11:00AM Neighborhood News 1:00PM Games/Dance w Ron 2:00PM Money Bingo	10 12:00AM Marine Corps B'Day 9:00AM Barbara's Gardens 9:00AM Chumash Casino 10:00AM Exercise Room 11:00AM Neighborhood News 1:30PM Board Games/Cards 6:30PM Pt Man Ministry	11 12:00AM Veterans Day 8:00AM YMCA Swimming 9:30AM Resident Council 9:30AM Ivy Lawn Ceremony 9:30AM Bone Builders 1:30PM Boys Choir 2:00PM Am Legion Baskets 2:00PM Fraizer Pk Quilters	12 12:00AM Domino Day 9:00AM Barbara's Gardens 10:15AM Chair Exercises 10:30AM Seabea Visit 11:00AM Neighborhood News 11:15AM Holy Communion 1:00PM Jazz Band 2:00PM Love on a Leash	13 9:00AM Leisure Time 1:30PM Leisure Time
14 9:00AM Off-site Services 10:30AM Christian Services 1:30PM Leisure w MaryAnne 3:00PM RB Dogs	15 9:00AM Barbara's Gardens 10:00AM Flower Arranging 10:00AM Exercise Room 11:00AM Neighborhood News 1:30PM Travel / Hx Videos 3:00PM Ventura Adult Ed	16 8:00AM YMCA Swimming 9:30AM Bone Builders 11:00AM Neighborhood News 1:00PM Massage Demo 1:00PM Games/Dance w Ron 2:00PM Ventura Choraliers 2:00PM Outdoor Games	17 12:00AM Homemade Bread Day 9:00AM Barbara's Gardens 9:00AM Shopping Trip 10:00AM Exercise Room 11:00AM Neighborhood News 2:00PM Birthday Party 6:30PM Pt Man Ministry	18 12:00AM Mickey Mouse B'Day 8:00AM YMCA Swimming 9:30AM Bone Builders 10:00AM Exercise Room 11:00AM Neighborhood News 1:00PM Music with Mary 1:15PM JWV Bingo 6:15PM T.O. Elks Karaoke	19 9:00AM Barbara's Gardens 10:15AM Chair Exercises 11:00AM Neighborhood News 11:15AM Holy Communion 1:00PM Jazz Band	20 10:00AM Exercise with Delcie 1:30PM Leisure with Delcie 5:30PM VC Vietnam Vets Mtg
21 9:00AM Off-site Services 10:30AM Jewish Vets Mtg 10:30AM Christian Services 11:00AM T.O. Elks Brunch	22 9:00AM Barbara's Gardens 10:00AM Exercise Room 10:00AM Flower Arranging 11:00AM Neighborhood News 1:30PM Travel / Hx Videos 6:15PM Paws4Healing	23 8:00AM YMCA Swimming 9:30AM Bone Builders 11:00AM Neighborhood News 1:00PM Games/Dance w Ron 2:00PM Money Bingo	24 12:00AM Unique Talent Day 9:00AM Barbara's Gardens 10:00AM Exercise Room 11:00AM RB Dogs 11:00AM Neighborhood News 1:30PM Board Games / Cards 6:30PM Pt Man Ministry	25 12:00AM Thanksgiving 11:30AM Thanksgiving Lunch	26 12:00AM Rest & Relaxation Day 12:00AM Day afterThanksgiving	27 9:00AM Leisure Time 1:30PM Leisure Time
28 12:00AM French Toast Day 10:30AM Christian Services 1:30PM Leisure Time 3:00PM RB Dogs	29 12:00AM Square Dance Day 9:00AM Barbara's Gardens 10:00AM Flower Arranging 10:00AM Exercise Room 11:00AM Neighborhood News 1:30PM Travel / Hx Videos 3:00PM Ventura Adult Ed	30 8:00AM YMCA Swimming 9:30AM Bone Builders 11:00AM Neighborhood News 1:00PM Shopping Trip 1:00PM Games/Dance w Ron 2:00PM Ventura Choraliers	Legend: Red = Off Site Blue = Special Event Green = Special Day/Holiday Birthdays: 11/19 = Ted S.			